

# Couscous Salad

 Vegetarian  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



307 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 servings pepper black freshly ground
- 2 cups chicken stock see
- 0.3 cup cilantro leaves
- 0.5 teaspoon cinnamon freshly ground
- 10 ounces couscous instant
- 1 large cucumber diced peeled seeded
- 1 bunch green onions minced
- 1 lemon zest juiced

- 0.3 cup olive oil extra-virgin
- 1 bell pepper diced red cored seeded
- 1 small onion diced red peeled
- 1 teaspoon salt

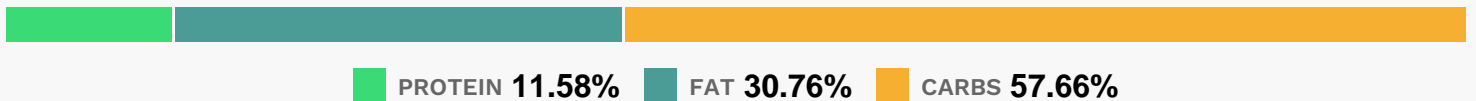
## Equipment

- bowl
- sauce pan

## Directions

- In a saucepan, bring the chicken stock to a boil.
- Place the couscous in a large, heatproof bowl. Stir in the salt and the cinnamon.
- Pour the boiling stock over the couscous mixture, cover and let stand for 5 minutes.
- Remove cover, fluff couscous and allow to cool completely.
- In a large bowl, combine olive oil, lemon juice and zest, red onion, cucumber, bell pepper, and green onions.
- Add the cooled couscous and toss until well blended. Stir in the cilantro leaves. Taste and adjust seasoning with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:23.05, Inflammation Score:-7, Nutrition Score:10.501739076946%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

## Nutrients (% of daily need)

Calories: 306.67kcal (15.33%), Fat: 10.43g (16.05%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 40.24g (14.63%), Sugar: 3.66g (4.07%), Cholesterol: 2.4mg (0.8%), Sodium: 510.39mg (22.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin C: 30.63mg (37.12%), Manganese: 0.5mg (25.03%), Vitamin K: 20.55µg (19.57%), Vitamin B3: 3.18mg (15.91%), Fiber: 3.76g (15.04%), Vitamin A: 743.75IU (14.88%), Phosphorus: 124.38mg (12.44%), Vitamin E: 1.7mg (11.31%), Copper: 0.21mg (10.57%), Vitamin B6: 0.21mg (10.5%), Vitamin B1: 0.14mg (9.47%), Potassium: 312.85mg (8.94%), Folate: 35.72µg (8.93%), Magnesium: 35.21mg (8.8%), Vitamin B2: 0.14mg (8.45%), Vitamin B5: 0.8mg (7.97%), Iron: 1.06mg (5.89%), Zinc: 0.69mg (4.61%), Calcium: 32.99mg (3.3%), Selenium: 1.97µg (2.81%)